

## 8 RECOMMENDED DIETARY ALLOWANCES

### RECOMMENDED DIETARY ALLOWANCES<sup>a</sup> (revised 1989) (Designed for nutrition of healthy people in the United States)

Category	Age (years) or Condition	Weight (kg) <sup>b</sup>	Height (cm) <sup>b</sup>	Protein (g)	Fat-soluble Vitamins				Water-soluble Vitamins							Minerals						
					Vitamin A (: g RE) <sup>c</sup>	Vitamin D (: g) <sup>d</sup>	Vitamin E (mg $\alpha$ -TE) <sup>e</sup>	Vitamin K (: g)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg NE) <sup>f</sup>	Vitamin B <sub>6</sub> (mg)	Folate (: g)	Vitamin B <sub>12</sub> (: g)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Iodine (: g)	Selenium
Infants	0.0-0.5	6	60	13	375	7.5	3	5	30	0.3	0.4	5	0.3	25	0.3	400	300	40	6	5	40	10
	0.5-1.0	9	71	14	375	10	4	10	35	0.4	0.5	6	0.6	35	0.5	600	500	60	10	5	50	15
Children	1 - 3	13	90	16	400	10	6	15	40	0.7	0.8	9	1.0	50	0.7	800	800	80	10	10	70	20
	4 - 6	20	112	24	500	10	7	20	45	0.9	1.1	12	1.1	75	1.0	800	800	120	10	10	90	20
	7 - 10	28	132	28	700	10	7	30	45	1.0	1.2	13	1.4	100	1.4	800	800	170	10	10	120	30
Males	11 - 14	45	157	45	1 000	10	10	45	50	1.3	1.5	17	1.7	150	2.0	1 200	1 200	270	12	15	150	40
	15 - 18	66	176	59	1 000	10	10	65	60	1.5	1.8	20	2.0	200	2.0	1 200	1 200	400	12	15	150	50
	19 - 24	72	177	58	1 000	10	10	70	60	1.5	1.7	19	2.0	200	2.0	1 200	1 200	350	10	15	150	70
	25 - 50	79	176	63	1 000	5	10	80	60	1.5	1.7	19	2.0	200	2.0	800	800	350	10	15	150	70
	51+	77	173	63	1 000	5	10	80	60	1.2	1.4	15	2.0	200	2.0	800	800	350	10	15	150	70
Females	11 - 14	46	157	46	800	10	8	45	50	1.1	1.3	15	1.4	150	2.0	1 200	1 200	280	15	12	150	45
	15 - 18	55	163	44	800	10	8	55	60	1.1	1.3	15	1.5	180	2.0	1 200	1 200	300	15	12	150	50
	19 - 24	58	164	46	800	10	8	60	60	1.1	1.3	15	1.6	180	2.0	1 200	1 200	280	15	12	150	55
	25 - 50	63	163	50	800	5	8	65	60	1.1	1.3	15	1.6	180	2.0	800	800	280	15	12	150	55
	51+	65	160	50	800	5	8	65	60	1.0	1.2	13	1.6	180	2.0	800	800	280	10	12	150	55
Pregnant				60	800	10	10	65	70	1.5	1.6	17	2.2	400	2.2	1 200	1 200	300	30	15	175	65
Lactating	1 <sup>st</sup> 6 mnths			65	1 300	10	12	65	95	1.6	1.8	20	2.1	280	2.6	1 200	1 200	355	15	19	200	75
	2 <sup>nd</sup> 6 mnths			62	1 200	10	11	65	90	1.6	1.7	20	2.1	260	2.6	1 200	1 200	340	15	16	200	75

<sup>a</sup> The allowances, expressed as average daily intakes over time, are intended to provide for individual variations among most normal persons. Diets should be based on a variety of common foods in order to provide other nutrients for which human requirements have been less well defined.

<sup>b</sup> Weights and Heights of Reference Adults are actual medians for USA population. The use of these figures does not imply that the height-for-weight ratios are ideal.

<sup>c</sup> Retinol equivalents: 1 retinol equivalent=1;g retinol or 6;g $\beta$ -carotene.

<sup>d</sup> As cholecalciferol: 10;g cholecalciferol =400 IU of vitamin D.

<sup>e</sup>  $\alpha$ -Tocopherol equivalents: 1mg d- $\alpha$  tocopherol =1; $\alpha$ -TE .

<sup>f</sup> 1 NE (niacin equivalent) is equal to 1mg of niacin or 60mg of dietary tryptophan.